

# A GUIDE TO THE CHANGE YOU DESIRE



30 Days of Inner Work to  
Transform Your Life

BY  
DR. JOSEPHINE AMESHO

*“True transformation begins within. This guide  
is your invitation to remember who  
you really are.”*

— With Love, Dr. Amesho

## DEDICATION

*To the one who is ready to remember...*

*This guide is for you - the seeker, the silent warrior, the soul who knows  
there is more.*

*More to feel. More to heal. More to become.*

*May these pages remind you of your power.*

*May each day bring you closer to your truth.*

*And may the change you desire become the life you live.*

*With deepest love,*

*Dr. Josephine Amesho*

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## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### INTRODUCTION

Welcome, Beloved Woman,

You are holding a sacred tool-not just a guide, but a remembering.

The **30-DAY Guide to the Change You Desire** was created for the woman who is no longer content with survival. For the woman who is ready to return to her truth, her softness, her power, and her divine clarity. For the woman who is choosing herself-fully and finally.

Over the next 30 days, this guide will walk you back to yourself.

Not to who the world taught you to be-but to who your soul has always known you are.

You will not be rushed here.

There is no race.

There is only presence, intention, and truth.

Each day, you will be invited into:

- A powerful intention statement
- A soul-aligned daily teaching
- Deep journal prompts
- A grounded action step for embodiment

You can move through this journey day-by-day, or at your own rhythm.


Repeat any section that calls to you. Take your time. Trust your unfolding.

Let this not be another resource you collect. Let it be a mirror. A shift. A return.

If you ever feel lost along the way, remember:

You are not lost- you are returning.

With sacred intention,  
Dr. Josephine Amesho

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## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### FOUNDATIONS OF INNER WORK

#### What Is Inner Work?

Inner work is the sacred journey of returning to your truth. It is not about fixing what is broken, but about peeling away the layers that were never truly you. It is a commitment to self-awareness, to facing your inner world with honesty, grace, and compassion.

#### Shadow Work

Shadow work is the process of exploring the hidden parts of yourself-the emotions, beliefs, and patterns you have suppressed or denied. These aspects often operate unconsciously, shaping your choices, relationships, and sense of self. By bringing light to the shadow, you release shame, reclaim power, and become whole.

#### Self-Inquiry

Self-inquiry is the practice of turning inward and asking the deeper questions: Who am I beneath the roles I play? What do I believe and why? What truth am I avoiding? Through this process, you learn to meet yourself-not as the world sees you, but as your soul knows you.

#### Energetic Alignment

Everything is energy-including you. When your thoughts, emotions, and actions are in harmony with your higher self, you move through life with ease, clarity, and purpose. Inner work helps you realign with that truth, clearing stagnant energy and raising your frequency to match the reality you desire.

#### Motivation vs. Transformation

Motivation is a spark-it comes and goes. It pushes you to do more.

Transformation is a shift-it stays with you. It calls you to become more.

Motivation often focuses on the surface: productivity, achievement, appearance.

Transformation requires depth. It is the inner restructuring of belief, identity, and energy. It is the quiet revolution that changes everything-without needing to announce itself.

This guide is not here to motivate you. It is here to transform you.

#### Esoteric Wisdom in Real-Life Change

Esoteric wisdom is the ancient, sacred knowledge that has been passed down through initiates, mystics, and teachers throughout time. It teaches that the outer world is a mirror of the inner world, and that lasting change begins within consciousness itself.

In real life, this wisdom is immensely practical.

It teaches you how to use your thoughts intentionally, how to master your emotional frequency, and how to co-create with the unseen forces of life.

When you understand and embody these truths, you no longer chase change. You become it.

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 1 - WHAT DO YOU REALLY DESIRE?

#### Day 1 - What Do You REALLY Desire?

##### Intention Statement:

**"I allow myself to become radically honest about what I truly want."**

##### Daily Teaching:

Desire is sacred. It is not selfish. It is not random.

Desire is the soul's way of communicating the next chapter of your evolution.

Too often, we chase outcomes that were never truly ours. We shape our lives around the expectations of others, the conditioning of our upbringing, or the desire to prove something-rather than create something meaningful.

The change you desire must begin with truth. Not performance. Not survival. Truth.

So, let us pause all the noise and ask-not what is expected of you, not what would impress others-but what do YOU truly want?

You do not need to know how it will come. You only need to become honest about what your soul is asking for. Desire, when purified from ego, is divine instruction.

If nothing could block you, if no one could stop you, and if you trusted yourself fully-what would you allow yourself to want?

That is the place from which change must begin.

##### Journal Prompt:

##### Write freely:

- "What I truly desire in this season of my life is..."

- "What I have been afraid to admit I want is..."

- "What I know deep inside I am ready for is..."

Let your answers be raw. Do not censor yourself. Write for you-not for the world.

##### Action Step:

Take out a blank card or page and write your top desire as if it already exists.

"I am now living a life where..."

"I have become a woman who..."

"My world reflects the version of me who..."

Place it somewhere you will see daily-on your mirror, inside your journal, or your phone wallpaper. Return to it every morning.

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 2 - WHO AM I WITHOUT MY PAST?

#### Day 2 - Who Am I Without My Past?

##### Intention Statement:

**"I am not my history. I am who I choose to become today."**

##### Daily Teaching:

Your past is not your prison. It is a path you once walked-but it is not your identity. Too often, we live as if we are beholden to our experiences, mistakes, upbringing, and memories. We assume that because something happened to us, it must now define us.

But here is the truth: the person you were then, the decisions you made, the circumstances you endured-they are chapters, not the conclusion.

To create the change you desire, you must separate your self-worth from your storyline. You must allow yourself the freedom to release identities that were shaped by survival, fear, validation-seeking, or cultural expectations.

Ask yourself today: Who would I be if I had no memory of pain, fear, judgment, or shame?

You are not required to carry your past into your next season. Healing is not erasing-it is releasing the charge, the weight, and the false meaning attached to what once was.

The more lightly you hold your past, the more powerfully you walk into your future.

##### Journal Prompt:

Reflect on the following:

- "Stories I no longer want to carry about myself..."
- "Ways I have defined myself that no longer feel true..."
- "If I met myself for the first time today, what would I see?"

Be gentle, but be honest. You are not dishonoring your past-you are liberating your future.

##### Action Step:

Write a "release statement" and speak it aloud. For example:

- "I release the belief that I am still the version of me who..."
- "I thank my past for its lessons, but I do not live there anymore."

Then, do something physically symbolic:

- Light a candle
- Burn a page you wrote yesterday that no longer resonates
- Take a walk in silence and imagine yourself stepping into new identity with each step.



## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 3 - RELEASING CONTROL OVER WHAT IS NOT YOURS

#### Day 3 - Releasing Control Over What Is Not Yours

##### Intention Statement:

**"I free myself from what I was never meant to carry."**

##### Daily Teaching:

Control is the illusion that we can shape the world to always suit our comfort. But growth does not occur in comfort-it occurs in surrender.

Many of us exhaust ourselves trying to manage other people's feelings, reactions, timelines, and even their healing. But you were not designed to control others-you were designed to govern yourself with grace, clarity, and truth.

When you attempt to control what is not yours, you carry unnecessary weight. You step outside your rightful place. And instead of becoming powerful, you become scattered.

So ask yourself today:

- What am I trying to manage that is not mine?
- Whose emotions am I protecting at the cost of my own peace?
- What outcomes am I obsessing over because I fear disappointment?

Letting go is not giving up-it is reclaiming your energy and returning it to the only place where real transformation happens: within.

##### Journal Prompt:

- "Things I have been trying to control that are not my responsibility..."
- "The cost of holding on too tightly has been..."
- "I now release control over..."

Let your writing be a release. Let the truth make space for peace.

##### Action Step:

Draw two columns on a page:

- In the first column: list all the things weighing on you right now.
- In the second column: label each item as either "Mine" or "Not Mine."

Circle only what is yours to carry.

For the rest, write across the page: "I now return this to its rightful place." Take a deep breath. Feel the lightness. step.



## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 4 - RELEASING CONTROL OVER WHAT IS NOT YOURS

#### Day 4 - Understanding Emotional Detachment

##### Intention Statement:

**"I do not absorb what does not belong to me. I observe, understand, and protect my peace."**

##### Daily Teaching:

Emotional detachment is not a lack of care-it is the mastery of boundaries. It is the ability to witness a situation, hear a comment, or sense tension without becoming consumed by it.

When you are emotionally entangled with everything and everyone, your energy becomes diluted. You begin to react rather than respond. You carry weight that was never yours to begin with.

The most powerful version of you is not reactive-it is rooted. She knows the difference between empathy and enmeshment. Between love and emotional labor. Between presence and self-sacrifice.

Detachment allows you to stay present without drowning. It empowers you to offer support without losing yourself. It is not coldness-it is clarity.

Practice observing your emotional patterns today. Where do you lose yourself? Who drains your peace? What triggers you into reactivity?

Becoming aware of these things is the first step toward reclaiming your emotional sovereignty.

##### Journal Prompt:

- "Moments when I lost myself emotionally..."
- "People or situations that drain me unnecessarily..."
- "What emotional detachment would look like for me today..."

Let your answers reveal the spaces where your peace is leaking.

##### Action Step:

Choose one situation or relationship today and practice **observation** over absorption.

Pause before reacting. Breathe before responding.

Step back mentally before stepping in emotionally.

At the end of the day, journal how this shift affected your energy.

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 5 - CREATING SACRED SPACE WITHIN

#### Day 5 - Creating Sacred Space Within

##### Intention Statement:

**"I carry peace within me. My mind, heart, and spirit are sacred ground."**

##### Daily Teaching:

Transformation does not begin in chaos. It begins in space-sacred space.

In a world that constantly demands your attention, your energy, and your emotional availability, you must become intentional about creating internal stillness.

A sacred space is not just a physical corner or a beautifully arranged altar-it is a state of being. A sanctuary within.

This sacred space is where your true self meets silence.

Where clarity is born. Where divine instruction can whisper. Without it, we are noisy, reactive, and overly identified with the external world.

##### Sacred space looks like:

- Saying "no" without explanation.
- Taking moments of solitude without guilt.
- Protecting your energy from conversations that only drain.
- Breathing before responding.
- Choosing not to explain your peace to those who do not honor it.

You cannot access the change you desire while your inner world is crowded with other people's energy, unresolved emotions, or compulsive thoughts. You need stillness-not as an escape, but as a return.

##### Journal Prompt:

- "What is currently taking up too much space in my inner world?"
- "Where do I need more stillness, solitude, or silence?"
- "If I created sacred space within, what would it feel like?"

Be specific. Sacred space begins with sacred intention.

##### Action Step:

Today, create a sacred pause ritual:

- Choose one moment to unplug-physically, emotionally, and mentally.
- Sit in stillness for 5-10 minutes with no phone, no music, no distractions.
- Simply breathe and observe what is inside you.

##### Bonus:

Create a physical space at home that reflects your inner peace-a corner, a chair, a candle, a notebook. Let it become your daily altar of clarity.

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 6 - ALIGNING WITH YOUR HIGHER SELF

#### Day 6 - Aligning with Your Higher Self

##### Intention Statement:

**"I choose to live in harmony with the highest version of myself-my true essence, my inner guide, my divine self."**

##### Daily Teaching:

There is a version of you that already exists-calm, wise, confident, compassionate. She is not a fantasy or an ideal. She is real. She is you-without fear, without ego, without attachment to lack or limitation.

This is your Higher Self-the part of you that sees through illusion, chooses truth over reaction, and responds from inner knowing rather than external pressure.

To change your life, you must begin acting in alignment with her.

Every choice, every word, every thought becomes a vote:

- Are you voting for your fear or your freedom?
- Are you embodying the past or becoming the future?

The Higher Self is not loud. She is subtle but consistent. She will not force herself into your awareness-you must create space for her wisdom.

Today is about connection. About choosing to listen. About asking:

- What would the highest version of me do right now?
- How would she speak, dress, walk, lead, respond?
- What would she no longer tolerate?

The gap between your current reality and your desired one is bridged by aligning your present self with your Higher Self-moment by moment, breath by breath.

##### Journal Prompts:

- "The highest version of me thinks, speaks, and acts like this..."
- "Where I currently act out of alignment with her is..."
- "If I were fully embodying my Higher Self today, I would..."

Let this be a mirror, not a judgement. You are not far from her-you are remembering her.

##### Action Step:

Create a 'Higher Self Anchor':

Choose one tangible way to embody your Higher Self today. Examples:

- Speak up where you normally stay silent.
- Dress in a way that reflects your most confident self.
- Say "no" where you would normally overextend.
- Meditate and visualize her guiding your day.

End your day by writing one sentence that begins with:

"Today, I walked as Her when I..."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 7 - THE POWER OF CONSISTENT CHOICES

#### Day 7 - The Power of Consistent Choices

##### Intention Statement:

**"I honour my transformation by showing up daily, even when it feels small. My consistency creates miracles."**

##### Daily Teaching:

Change is not a single, grand act-it is the quiet decision made again and again in the direction of your desire.

You do not become her-the elevated, fulfilled, radiant version of you-by waiting for motivation or magic. You become her through the sacred repetition of aligned choices.

Consistency is the bridge between intention and embodiment. It is how energy becomes form. Thought becomes habit. Desire becomes destiny.

You are not required to get it perfect. You are only required to return. Each time you choose again, you reinforce your new identity. Each time you act in alignment, you affirm that the shift is real.

Let go of the need to do it all at once. Commit instead to doing what you can, with intention, every day. Today is not about perfection. It is about devotion. A steady walk in the direction of the life you said you want.

##### Journal Prompts:

- "If I committed to small, daily choices in alignment with my transformation, I would..."
- "One thing I can do consistently that supports the change I desire is..."
- "When I show up for myself even in small ways, I feel..."

Let your answers shape a rhythm of devotion.

##### Action Step:

Choose one micro-habit to practice daily for the next 7 days.

This should be a simple, repeatable action that reflects the woman you are becoming.

Examples:

- Morning stillness for 5 minutes
- Drinking water with intention
- Speaking one truth each day
- Moving your body consciously- Journaling one sentence before bed. Write it down. Name it. Do it daily.

Your future is created in the present-through practice.

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 8 - HEALING YOUR RELATIONSHIP WITH TIME

#### Day 8 - Healing Your Relationship with Time

##### Intention Statement:

**"I no longer rush, chase, or force. I trust divine timing and honour the pace of my soul."**

##### Daily Teaching:

Many people desire change, but sabotage it through their relationship with time.

They feel behind.

They feel it is too late.

They fear they are running out of time.

But time is not your enemy. Time is your collaborator. It is a sacred container through which transformation unfolds.

When you live in urgency, you live in anxiety. When you trust timing, you live in grace.

The life you desire may not arrive in the moment you expect-but it is never late. It is arriving in sequence, according to readiness, not rush.

What if nothing is wrong with your pace? What if you are exactly where you are meant to be, not to be punished, but to be prepared?

Healing your relationship with time is the beginning of ease. It allows you to show up fully in the now instead of constantly escaping into a feared future.

Slow down. Receive this moment. Honour it. Your power is not in the rush-it is in the rhythm.

##### Journal Prompts:

- "The beliefs I hold about time that create stress are..."

- "If I fully trusted divine timing, I would stop..."

- "One way I can honour the pace of my soul today is..."

Let your answers uncover where time became a burden, and how it can become sacred again.

##### Action Step:

Practice intentional slowing today.

Choose one task-eating, walking, speaking, or writing-and do it 30% slower than usual.

Observe how it feels to be present, not pressured.

##### Bonus:

Write a love letter to time.

Thank it for all the unseen ways it is supporting your journey.

**30-DAY GUIDE TO THE CHANGE YOU DESIRE**  
**DAY 9 - RECLAIMING THE POWER OF YOUR VOICE**

**Day 9 - Reclaiming the Power of Your Voice**

**Intention Statement:**

**"My voice is sacred. I speak with clarity, truth, and unapologetic presence."**

**Daily Teaching:**

Your voice is not just sound. It is energy. It is identity. It is power made audible.

For too long, many have silenced themselves-out of fear of judgment, rejection, or conflict. But silence, when rooted in fear, becomes self-abandonment.

You were not made to shrink. You were made to express. To bring language to your inner world. To bridge the unseen and the spoken.

When you withhold your truth, you begin to internalize discomfort. Emotions have nowhere to go.

Boundaries blur. Resentment builds. Your light dims.

But when you reclaim your voice, you reclaim your life.

Speaking up does not have to be loud. It has to be true. It can be quiet but unwavering. Gentle but firm. Loving but direct.

Your healing journey is incomplete without expression. Today is about choosing to honour your voice-not only for others to hear, but for you to feel free.

**Journal Prompts:**

- "Moments where I silenced myself, and why..."
- "Truths I have not spoken but deeply feel..."
- "What I would say if I trusted my voice completely..."

Let this be your space to speak the unsaid, even if just to yourself.

**Action Step:**

Speak one truth today that you have been holding back.

It does not need to be dramatic. It only needs to be real. Say what you mean. Ask for what you need. Share how you feel.

**Bonus:**

Record a voice note to yourself affirming your truth, beginning with:  
"I honour my voice because..."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 10 - TRUSTING YOURSELF AGAIN

#### Day 10 - Trusting Yourself Again

##### Intention Statement:

**"I trust my inner wisdom. I honour my decisions. I am safe within myself."**

##### Daily Teaching:

At the root of all lasting change is trust-self-trust.

Without it, we seek answers outside ourselves. We doubt our desires. We question our intuition. We hesitate, overthink, and defer to others-forgetting that our soul already knows.

But you were not meant to live from second-guessing. You were made to move with sacred certainty.

Self-trust does not mean you never make mistakes. It means you know how to return to yourself. How to learn. How to recalibrate. How to listen-and honour what you hear.

Many lose trust in themselves after a betrayal, a failure, or a season of confusion. But trust can be rebuilt-not through perfection, but through presence.

Every time you keep a promise to yourself, you whisper: I can rely on me.

Every time you listen to your body, you affirm: I am safe inside.

Every time you speak your truth, you declare: I am enough.

Today, we choose to come home-to the quiet power within. To the guidance that has always been there, waiting to be trusted again.

##### Journal Prompts:

- "Moments I abandoned my own knowing were..."
- "What I needed then, and what I choose now is..."
- "Ways I will begin to rebuild self-trust include..."

Let this be a reintroduction to your own inner authority.

##### Action Step:

Keep one promise to yourself today.

Small or large-choose something and follow through.

##### Examples:

- I will drink water when I say I will.
- I will speak kindly to myself.
- I will say no and not explain.
- I will follow the intuitive nudge I feel.

End your day by affirming:

**"I am someone I can trust."**



## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 11 - MAKING PEACE WITH THE PRESENT

#### Day 11 - Making Peace with the Present

##### Intention Statement:

**"I release resistance and meet this moment with grace. I am exactly where I am meant to be."**

##### Daily Teaching:

So often, we see the now as an obstacle to the life we want.

We resist it. We try to skip it. We wish it away.

But what if the very power to change your life lives inside this present moment-not in a future breakthrough, but in full acceptance of what is?

Peace is not found in the next milestone, the next relationship, or the next achievement.  
Peace is found in your presence.

In choosing to stop fighting life.

In allowing yourself to be here fully.

When you make peace with now, you become free. You are no longer waiting to live. You are living. Your awareness sharpens. Your gratitude expands. Your nervous system softens. And from that calm place, the next step reveals itself.

This is not surrender to stagnation-it is surrender to truth.

To the wisdom that says: "This is the only moment that is real. And I choose to honour it."

##### Journal Prompts:

- "What parts of my life am I currently resisting or avoiding?"
- "If I stopped trying to escape this moment, I might begin to notice..."
- "Ways I can honour this season of my life include..."

Let your answers be soft, curious, and present.

##### Action Step:

Practice radical presence.

Pick one everyday task-brushing your teeth, making tea, stepping outside-and do it slowly, fully, without distraction.

Notice the texture, the sound, the temperature, the breath.

Then, place your hand on your heart and say aloud:

"I am safe. I am present. This moment is enough."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 12 - BECOMING THE EMBODIMENT OF WHAT YOU SEEK

#### Day 12 - Becoming the Embodiment of What You Seek

##### Intention Statement:

"I no longer wait to become-I embody now what I desire to receive."

##### Daily Teaching:

Desire is not meant to linger as a wish. It is meant to be embodied-brought into form, felt in your energy, expressed through your being.

So often we wait:

"I will feel worthy when I have it."

"I will feel peace once it arrives."

"I will feel joy after the outcome."

But manifestation is not about delay. It is about alignment.

It is not about getting-it is about becoming.

When you walk as the woman who already lives the life you want, your actions shift. Your presence deepens. Your choices sharpen. And reality begins to mirror that frequency.

The question is no longer "When will it come?"

The question is: "Am I living as if it is already true?"

Embodying what you seek now does not mean pretending. It means anchoring into truth beyond the senses. It means becoming a vibrational match to the life that is already available to you.

You are not waiting-you are aligning. You are not lacking-you are practicing.

Today, step into your future self by being her, now.

##### Journal Prompts:

- "If I already had the life I desire, I would think, act, and carry myself like this..."
- "Ways I currently act out of alignment with what I want are..."
- "One shift I can make today to embody the version of me I am becoming is..."

Write as her. Walk as her. Speak as her. She is not far-she is you, remembered.

##### Action Step:

Do one thing today that your elevated self would do.

This could be:

- Setting a boundary
- Making a bold request
- Dressing with intention
- Moving your body like a woman who honours herself
- Saying no from power, or yes from joy

Let this be a practice in being, not waiting.

Your embodiment leads the way.

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 13 - REDEFINING WORTHINESS

#### Day 13 - Redefining Worthiness

##### Intention Statement:

**"I am inherently worthy. My value is not earned-it is remembered."**

##### Daily Teaching:

One of the deepest roots of self-sabotage is a distorted sense of worth.

We believe we must achieve, prove, or perform to deserve love, success, or rest.

But worthiness is not transactional. It is not based on how much you do, how others see you, or what you produce. Worthiness is truth. It is your birthright. It does not fluctuate.

When you forget this, you overextend, you people-please, you chase validation and exhaust yourself trying to "be enough."

But enoughness is not a finish line. It is your starting point.

The version of you who truly changes her life is not the one who finally becomes worthy-it is the one who remembers that she already is.

You were not created to hustle for your own value. You were created to live from it. To move, choose, speak, and love from a place of inner knowing that nothing can add to or take away from who you are.

Today is about unlearning the lies that taught you otherwise.

##### Journal Prompts:

- "Ways I have tried to earn my worth include..."
- "Moments when I felt unworthy, and what I needed to hear instead was..."
- "If I fully believed I was worthy, I would stop doing \_\_\_ and start doing \_\_\_."

Let these reflections guide you back to the truth: you are already whole.

##### Action Step:

Practice radical worthiness.

Do one thing today as if you deeply believed in your value-because it is true.

Examples:

- Rest without guilt
- Raise your prices
- Decline something that does not honour you
- Celebrate yourself without waiting for permission
- Stand taller, walk slower, speak clearer

Let your life reflect a woman who remembers her worth.

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 14 - THE COURAGE TO BE SEEN

#### Day 14 - The Courage to Be Seen

##### Intention Statement:

**"I no longer hide. I allow myself to be fully seen, fully expressed, and fully alive."**

##### Daily Teaching:

It takes courage to be seen-not the version of you that is polished and perfected, but the real you. The radiant, vulnerable, evolving truth of who you are.

Many people stay hidden behind roles, titles, and masks. They shrink in fear of judgment or rejection. They play small because visibility feels unsafe.

But invisibility comes at a cost:

Your gifts remain unshared.

Your voice remains unheard.

Your presence remains dimmed.

The truth is-you are not here to be invisible.

You are here to shine, to speak, to take up sacred space.

Not from ego, but from essence.

Being seen does not require perfection. It requires authenticity. It requires presence. It requires choosing self-trust over self-censorship.

Let this be the day you stop hiding. Let this be the moment you stand tall in who you are, knowing that the world needs your light in its purest form-not its safest.

##### Journal Prompts:

- "What parts of myself have I been hiding or editing?"
- "What am I afraid others will think if I show up fully?"
- "If I allowed myself to be fully seen, I would..."

Let these reflections reveal where your light is asking to shine.

##### Action Step:

Do one thing today that allows you to be seen.

##### This could be:

- Sharing your truth online
- Wearing something that reflects your spirit
- Speaking honestly in a conversation
- Letting yourself be celebrated without deflecting
- Taking up space in a room with confidence

##### Say aloud:

"It is safe to be seen. It is powerful to be real."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 15 - DETACHING FROM OUTCOMES

#### Day 15 - Detaching from Outcomes

##### Intention Statement:

**"I commit to the path, not the outcome. I release the need to control and trust in divine timing."**

##### Daily Teaching:

So much of our suffering comes from attachment-not to the journey, but to how it must unfold.

We visualize the result, make a plan, and grip tightly to how it should go. When life redirects us, we panic. When results delay, we doubt. When the outcome shifts, we feel unworthy.

But true power is not in control. It is in surrender.

When you detach from the outcome, you create space for something greater. You allow life to surprise you. You make peace with mystery. You become receptive to divine orchestration.

You still act. You still show up. But you stop trying to force what is not aligned, and you stop tying your worth to external markers.

This is the paradox of power: the less you chase, the more flows.

Because you are no longer vibrating with fear-you are grounded in faith.

Today, release the obsession with "how" and "when." Return to presence. Return to trust. Let the outcome go-and watch what rises in its place.

##### Journal Prompts:

- "Areas of my life where I feel overly attached to results are..."
- "The emotions that surface when outcomes delay or shift are..."
- "What it would feel like to act from trust rather than control is..."

Let your answers uncover where you are ready to loosen your grip.

##### Action Step:

Choose one outcome you have been tightly attached to-and release it.

Write it down. Then write beneath it:

"I let this go. I trust that what is mine will never miss me."

##### Bonus:

Spend five minutes in meditation or silence, visualizing yourself free from that attachment-light, open, and at peace.

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 16 - LETTING THE OLD VERSION OF YOU REST

#### Day 16 - Letting the Old Version of You Rest

##### Intention Statement:

**"I release the version of me who survived. I honour her, but I no longer need to be her."**

##### Daily Teaching:

Growth means grieving.

Not only grieving people or places-but grieving versions of ourselves that we have outgrown.

There is a version of you who carried heavy things.

She tolerated what she did not deserve.

She stayed silent to keep the peace.

She sacrificed herself to be accepted.

She did what she needed to do to survive. But you are not here to only survive.

When you hold onto her too tightly, you delay your evolution.

You move through life armored. You mistrust ease. You expect pain as the price of progress.

But you have permission to retire the identity of the struggler.

To honour her strength without reliving her story.

Letting her rest is not betrayal. It is a sacred graduation.

You are no longer required to prove your resilience.

You are invited to live from receiving, not reacting.

From truth, not trauma. From clarity, not chaos.

Today, you choose to rise-not as the fighter, but as the fulfilled one.

##### Journal Prompts:

- "Traits and patterns I developed in survival mode include..."

- "I now thank the old version of me for..."

- "The woman I am becoming no longer needs to..."

Let your writing become a soft farewell. Honour her. Then release her.

##### Action Step:

Create a symbolic farewell.

Write a letter to your old self. Say thank you. Then say goodbye.

You can tear it up, burn it safely, or store it as a sacred reminder of how far you have come.

Say aloud:

"I honour who I was, but I no longer need to be her."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 17 - LIVING FROM INTUITION, NOT OBLIGATION

#### Day 17 - Living from Intuition, Not Obligation

##### Intention Statement:

**"I follow the quiet wisdom within me. I honour intuition over obligation."**

##### Daily Teaching:

Obligation is noisy. It shouts: You have to. You should. You must.

Intuition is quiet. It whispers: Feel this. Choose this. Trust this.

Too often, we override what we know in our body, in our heart, in our soul-because we are afraid of disappointing others, breaking tradition, or being misunderstood.

But every time you betray your intuition for the sake of obligation, you fracture trust with yourself. You were not meant to live a life of "shoulds." You were designed to live in alignment.

And alignment does not come from logic alone-it comes from inner guidance.

Intuition may not always make sense, but it will always feel true. It will feel clear. Grounded. Expansive.

Learning to follow it is how you build a life that honours your essence-not just your image.

Today is about tuning in. Listening in stillness. And letting yourself be the final authority.

##### Journal Prompts:

- "A time I ignored my intuition and paid the price was..."
- "I often feel obligated to do \_\_\_ even when it drains me."
- "One area of my life where I want to choose intuition over obligation is..."

Let your writing be a return to your own voice.

##### Action Step:

Practice intuitive living.

Pause before making a decision today-big or small.

Close your eyes. Breathe. Ask, "What feels true for me right now?"

Then act from that place.

No explanation. Just self-honouring.

##### Say aloud:

"I choose to live from inner wisdom, not external pressure."



## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 18 - EXPANDING YOUR CAPACITY TO RECEIVE

#### Day 18 - Expanding Your Capacity to Receive

##### Intention Statement:

**"I am open, available, and worthy of receiving all that aligns with my highest good."**

##### Daily Teaching:

Receiving is a skill-one many of us were never taught.

We were taught to give. To serve. To sacrifice. But not how to receive-compliments, support, love, abundance-without guilt, resistance, or self-sabotage.

When you struggle to receive, it is often because your self-concept is still wired for earning, not allowing.

But here is the truth:

You are allowed to receive just because you exist.

You are allowed to have beautiful things without overworking, overgiving, or explaining.

You are allowed to expand, not just endure.

To receive is to say, "I am open."

It is to drop the armor of independence and let life pour in.

It is to stand as a magnet, not a martyr.

Today is about practicing receptivity. Feeling safe with ease. Feeling worthy of overflow. Feeling like a woman who believes she is meant to be blessed.

##### Journal Prompts:

- "What I find difficult to receive and why..."
- "Beliefs I carry that block me from receiving are..."
- "If I felt truly safe and worthy of receiving, I would allow in..."

Let these reflections soften the walls around your abundance.

##### Action Step:

Say yes to something today.

Accept a compliment. Receive an offer of help. Sit in stillness and let yourself feel the support of life.  
Say aloud:

"I am worthy of receiving. I allow good things to come to me easily."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### 19 - CHOOSING YOURSELF WITHOUT GUILT

#### 19 - Choosing Yourself Without Guilt

##### Intention Statement:

**"I choose myself with love, clarity, and without apology."**

##### Daily Teaching:

Many were taught that choosing yourself is selfish. That prioritizing your needs means you are neglecting others. That your worth is measured by your sacrifice.

But that is a lie rooted in burnout and bondage.

Choosing yourself is not abandonment-it is alignment.

It is not selfish-it is sacred.

Because when you abandon yourself, the world does not get the real you-it gets the resentful, empty, exhausted version.

Your healing, your joy, your boundaries, your truth-they all matter.

And the moment you stop waiting for permission to honour them is the moment you reclaim your life.

Choosing yourself might look like:

- Saying no without guilt
- Leaving the room where you are not safe
- Walking away from roles that no longer fit
- Investing in your needs without justification

The world will adjust. The people who love you will respect it. The ones who do not were benefiting from your silence.

Today is about coming back home-to your voice, your needs, your enoughness.

##### Journal Prompts:

- "Times I abandoned myself to please others include..."
- "What choosing myself looks like in this season is..."
- "One area I will stop compromising in is..."

Let your truth rise with tenderness and power.

##### Action Step:

Choose yourself today-on purpose.

It could be through rest. A no. A decision. A boundary. A moment of unapologetic self-care.

Say aloud:

"It is safe to choose myself. My needs are not a burden. They are sacred."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 20 - RECLAIMING JOY AS YOUR BIRTHRIGHT

#### Day 20 - Reclaiming Joy as Your Birthright

##### Intention Statement:

**"I allow joy into my life. It is safe to feel good. It is safe to be light."**

##### Daily Teaching:

In a world that glorifies struggle, joy can feel rebellious.

You may have been taught that life must be hard. That celebration is indulgent. That you must earn your joy through suffering, sacrifice, or perfection.

But what if joy was not a reward-but a remedy?

What if joy was not the finish line-but the fuel?

Joy is not frivolous. It is medicine. It softens the nervous system, expands your heart, and makes space for creativity, connection, and healing.

When you suppress your joy, you suppress your aliveness.

You begin to associate peace with boredom. Pleasure with guilt. Success with burnout.

But you were not born for misery. You were born for fullness.

Reclaiming your joy is not denying your pain. It is remembering that both can exist-and that you do not have to stay in survival to be worthy.

Let today be a return to lightness. Laughter. Play. Pleasure.

Not as an escape-but as a sacred reclamation.

##### Journal Prompts:

- "What beliefs have I inherited about joy, fun, or pleasure?"

- "How have I been delaying or deprioritizing joy?"

- "If I gave myself full permission to feel joy today, I would..."

Let these reflections reconnect you to your light.

##### Action Step:

Do something joyful-just because.

Dance. Dress up. Call someone you love. Make something beautiful. Sit in the sun. Laugh on purpose.

##### Say aloud:

"Joy is safe. Joy is sacred. Joy is allowed."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 21 - MAKING PEACE WITH THE UNKNOWN

#### DAY 21 - Making Peace with the Unknown

##### Intention Statement:

**"I do not need all the answers to move forward. I walk with faith into the unknown."**

##### Daily Teaching:

The unknown can feel terrifying.

It holds no map. No guarantees. No control.

But it also holds all potential, all miracles, and all transformation.

We are conditioned to crave certainty-to over-plan, over-analyze, and over-control in the name of safety.  
But safety rooted in control is an illusion.

Real safety is built on self-trust. On knowing that no matter what happens, you will rise, adjust, evolve, and continue.

The truth is: no one ever truly knows what will happen.

The difference is, some freeze in fear-and others move in faith.

The unknown is not the enemy. It is the womb of creation.

Every chapter of your life that brought beauty began with uncertainty.

What if this next season is not meant to be predicted-but experienced?

What if your willingness to walk without proof is the very thing that unlocks the life you desire?  
Today, instead of fearing what you cannot see, honour what you can feel.

##### Journal Prompts:

- "What uncertainty am I currently facing?"

- "How do I normally respond to the unknown?"

- "If I trusted myself and the unfolding of life, I would..."

Let your words anchor you in calm, not chaos.

##### Action Step:

Take one step forward without needing a full plan.

Make the call. Start the project. Say yes. Say no.

Do it because you trust the nudge-not because all signs are clear.

##### Say aloud:

"I am safe in the unknown. My path unfolds as I move."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 22 - REWRITING THE STORY YOU TELL ABOUT YOURSELF

#### Day 22 - Rewriting the Story You Tell About Yourself

##### Intention Statement:

**"I am not bound by old narratives. I now tell the truth of who I am becoming."**

##### Daily Teaching:

Every day, you live inside a story-consciously or unconsciously.

You narrate your life through beliefs like:

"I am always left behind."

"I never finish what I start."

"I am too much... or not enough."

These stories shape your identity. And your identity shapes your reality.

But here is the most liberating truth: your story is editable.

Just because it has been repeated, does not mean it must remain.

Just because it has been true, does not mean it must stay true.

You are the narrator. The author. The one with the pen in hand.

To create the change you desire, you must update the narrative you tell-internally and externally.

Who are you becoming?

What are you calling in?

What does the new chapter sound like?

Today, you are invited to retire the old script and write a version of you that aligns with truth, expansion, and power.

##### Journal Prompts:

- "Stories I have been telling about myself that no longer serve me..."
- "Where these stories came from, and why they no longer define me..."
- "A new story I am choosing to live from is..."

Be bold. Tell it as if it is already real.

##### Action Step:

Speak your new story aloud.

Look in the mirror. Place your hand over your heart. Say it with presence and pride.

##### Example:

"I am no longer the woman who shrinks to be safe. I am the woman who rises because it is time."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 23 - HEALING THE FEAR OF BEING TOO MUCH

#### Day 23 - Healing the Fear of Being Too Much

##### Intention Statement:

**"I release the fear of my own power. It is safe to be all of me."**

##### Daily Teaching:

Somewhere along the way, you were told to tone it down.

Your passion was called loud. Your emotion was called dramatic. Your confidence was called arrogant.

And so, you learned to shrink. To soften your glow. To apologize for your presence.

But the truth is-you were never too much.

They were simply not ready for someone so whole.

When you suppress your fullness, you do not just protect others' comfort-you deny your own divinity. You disconnect from your authentic power.

Being fully expressed does not mean being reckless. It means being real. It means reclaiming your truth, even when it makes others uncomfortable.

The world does not need a quieter version of you.

It needs the version who walks boldly, speaks clearly, and loves deeply-without asking for permission. Let today be a return to your bigness. Your brilliance. Your unapologetic beauty.

##### Journal Prompts:

- "Moments I was made to feel 'too much' and how that shaped me..."

- "Ways I still dim myself to be accepted..."

- "What I would do differently if I no longer feared my fullness..."

Write as if your truest self were sitting beside you.

##### Action Step:

Choose one way to stop shrinking today.

Speak up. Dress boldly. Share your truth. Take up space.

Do it not for attention-but for liberation.

##### Say aloud:

"It is safe to be all of me. My fullness is not a threat-it is a gift."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 24 - BECOMING A MATCH FOR THE LIFE YOU WANT

#### Day 24 - Becoming a Match for the Life You Want

##### Intention Statement:

**"I align my thoughts, energy, and actions with the reality I desire to create."**

##### Daily Teaching:

You do not attract what you want-you attract what you are.

The life you desire already exists in potential. But to access it, you must vibrate at its frequency. That means thinking, choosing, moving, and living in a way that reflects the version of you who already has it.

You cannot call in peace while choosing chaos.

You cannot call in abundance while affirming lack.

You cannot call in love while betraying yourself.

The shift happens when you stop wishing and start becoming.

Becoming is a posture. A practice. A decision.

Every moment is an opportunity to cast a vote:

"Am I embodying the version of me who already lives this?"

This is not pretending-it is preparing. It is expanding your capacity to hold more by acting as if you already do. Today is about energetic congruence. Walking in alignment. Living from the future you claim-not the fear you inherited.

##### Journal Prompts:

- "What does the version of me who has the life I desire believe, do, and allow?"
- "Where am I still out of alignment with the life I am calling in?"
- "One shift I can make today to match that version of me is..."

Write clearly. Then rise into it.

##### Action Step:

Make one aligned move today.

Do something your future self would thank you for.

Say no. Say yes. Shift your routine. Elevate your space. Speak powerfully.

##### Say aloud:

"I am a match for the life I desire. I choose to walk in alignment."



## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 25 - CALLING BACK YOUR ENERGY

#### Day 25 - Calling Back Your Energy

##### Intention Statement:

**"I call my energy back to me. I am whole, complete, and sovereign."**

##### Daily Teaching:

Your energy is sacred. And yet, you give it away-often unconsciously.

You leak energy into people you no longer speak to.

You replay old conversations.

You stay mentally in places you have physically left.

You dwell in guilt, resentment, or fear-scattering your power across timelines that no longer serve you.

But wholeness requires returning.

Returning to the present.

Returning to yourself.

Returning to what is here and now.

You cannot create the change you desire while you are energetically entangled with the past or overly focused on the future.

Every day, you have the power to call yourself back.

To reclaim your attention.

To anchor your energy.

To gather the pieces of yourself from everywhere you have left them-and become fully available to this moment. Let today be your energetic homecoming.

##### Journal Prompts:

- "Where am I still leaking energy into the past?"

- "What thoughts or people pull me out of the present?" - "How would I feel if all of my energy were here with me now?"

Let this be an act of inner gathering.

##### Action Step:

Call your energy back intentionally.

Close your eyes. Breathe deeply. **Say aloud:**

**"I call my energy back to me-cleansed, cleared, and whole."**

Visualize it returning from conversations, people, places, and moments-into you.

Stay present. Breathe it in.

Feel yourself become full again.

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 26 - LETTING LOVE IN

#### Day 26 - Letting Love In

##### Intention Statement:

**"I open my heart. I let love in. I am safe to receive deep, nourishing connection."**

##### Daily Teaching:

Many say they want love-but their hearts are guarded, their energy is closed, and their beliefs are soaked in fear. You cannot welcome what you subconsciously block.

Love is not just romantic. It is spiritual. It is energetic. It is the currency of connection-and it begins within. Letting love in means healing the parts of you that expect abandonment.

It means releasing the belief that you must earn affection.

It means being available to receive love as it is-without control, without pretense, without self-sabotage.

Love comes in many forms:

A kind word. A lingering hug. A genuine compliment. A friend who sees your soul.

Can you let it land?

Can you sit in the warmth of being loved without shrinking or deflecting?

The more you let love in, the more you become a vessel of love. And the more you embody love, the more life reflects it back to you.

##### Journal Prompts:

- "How do I typically respond to love, care, or intimacy?"
- "Where do I still carry fear or mistrust around receiving love?"
- "What would it feel like to let love in without resistance?"

Let this be a softening of your inner walls.

##### Action Step:

Let someone love you today-and let it in.

Accept a compliment. Say thank you. Ask for a hug. Be vulnerable. Speak kindly to yourself.

##### Say aloud:

"I am open to love. It is safe to receive. I am worthy of care."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 27 - CHOOSING PEACE OVER DRAMA

#### Day 27 - Choosing Peace Over Drama

##### Intention Statement:

**"I no longer feed what drains me. I choose peace, not performance."**

##### Daily Teaching:

Drama can be addictive.

It gives the illusion of importance, urgency, and connection. It makes life feel full-even if that fullness is chaotic. But if you are not careful, drama becomes your baseline.

You start mistaking tension for passion, gossip for intimacy, and chaos for aliveness.

True peace can feel boring at first-because it is unfamiliar. But peace is where your power lives.

It is where clarity returns. Where decisions flow. Where you stop surviving and start living.

Choosing peace is not about avoiding problems. It is about refusing to be defined by them.

It means stepping out of cycles that thrive on conflict, attention-seeking, and emotional reactivity.

Some people will miss the old you-the one who over-explained, overreacted, or overextended.

Let them.

You are allowed to grow out of chaos. You are allowed to become soft, grounded, and unapologetically peaceful.

##### Journal Prompts:

- "What drama or chaos have I normalized in my life?"
- "Why might peace feel unfamiliar, unsafe, or boring to me?"
- "What would my life look like if peace became my new standard?"

Let your answers reveal what you are finally ready to let go of.

##### Action Step:

Choose peace today-even if no one else does.

Pause before responding. Protect your energy. Remove yourself from gossip. Rest. Breathe.

##### Say aloud:

"Peace is my power. I do not engage where my soul is not nourished."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 28 - RECLAIMING THE POWER OF PRESENCE

#### Day 28 - Reclaiming the Power of Presence

##### Intention Statement:

**"I ground myself in the now. This moment is enough. I am here."**

##### Daily Teaching:

So much of our suffering is not caused by what is happening but by our resistance to it, our fear of what is coming, or our fixation on what has already passed.

We are rarely here.

We are in our heads. In our phones. In our projections. In our regrets.

But presence is power.

It is the gateway to peace, to clarity, to truth.

It is where your life is actually happening.

When you are fully present:

- You hear more.
- You feel more.
- You choose more consciously.
- You become more grounded, more loving, more you.

Presence is not just stillness. It is aliveness.

It is choosing to be in the moment, not just pass through it.

Today is an invitation to return-to your breath, your body, your now.

##### Journal Prompts:

- "What tends to pull me out of the present moment?"
- "What I notice when I truly slow down and become aware is..."
- "If I lived more presently, my life would feel like..."

Let these prompts bring you back to what is real.

##### Action Step:

Set a 5-minute timer and practice deep presence.

Sit. Breathe. Look around. Feel your body. Hear the sounds.

Do not analyze-just be.

##### Then say aloud:

"This moment is sacred. I meet it fully. I am here."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 29 - BECOMING THE WOMAN WHO KNOWS

#### Day 29 - Becoming the Woman Who Knows

##### Intention Statement:

**"I trust myself. I do not chase clarity-I embody it."**

##### Daily Teaching:

There comes a moment in your journey when you stop searching for permission, validation, or reassurance-and you decide to know.

Not from arrogance. From alignment.

You know what you are here to do.

You know what is no longer for you.

You know what your next step is-even if it feels scary or unproven.

You have spent enough time doubting, deferring, and diminishing your wisdom.

Now, you walk with knowing.

The woman who knows:

- Moves with conviction
- Speaks with authority
- Makes decisions without delay
- Does not beg to be understood-she understands herself

This inner knowing is not loud-it is solid.

It is not about certainty in outcome-it is about certainty in self.

Today is about owning that you are ready.

You do not need more signs. You do not need a perfect plan.

You need to trust what is already alive in your spirit.

##### Journal Prompts:

- "What truth have I been avoiding, even though I know it deeply?"
- "What would change in my life if I acted as the woman who knows?"
- "Where in my life am I being called to walk in deeper self-trust?"

Let this be a declaration of your readiness.

##### Action Step:

Make a decision today-without overthinking.

Act from inner clarity. Choose boldly. Move as if you already know.

##### Say aloud:

"I do not need to chase signs. I trust what I feel. I am the woman who knows."

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 30 - LIVING THE CHANGE YOU CHOSE

#### Day 30 - Living the Change You Chose

##### Intention Statement:

**"I no longer wait to become. I live as the woman I have chosen to be."**

##### Daily Teaching:

You have remembered. You have released. You have reclaimed.

Now-you embody.

Transformation is not a future event. It is a present decision.

You do not need more healing to be whole. You do not need more time to be ready.

You are ready now-because you choose to be.

The change you desire was never about becoming someone else.

It was always about returning to the truth of who you are.

The woman who is clear, powerful, soft, and sovereign.

The woman who walks with depth and lives with light.

Living the change means:

- Walking in alignment-even when no one is watching
- Choosing integrity over comfort
- Letting your life reflect your inner evolution
- Showing up as her, every day, on purpose

You do not graduate from the work-you live it.

And now, you have the tools, the vision, and the embodiment to do so.

You are no longer waiting. You are walking.

##### Journal Prompts:

- "Who have I become over these 30 days?"
- "What shifts do I feel in my body, my mind, my spirit?"
- "How will I continue to honour the woman I have chosen to be?"

Let this be your living declaration.

##### Action Step:

Celebrate yourself. Today, and every day.

Write a love letter to the woman you have become. Speak it. Frame it. Revisit it often.

##### Say aloud:

**"I am no longer seeking the change. I am the change. And I live it fully."**

## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### DAY 30 COMPLETION RITUAL

This is your seal. Your arrival. Your beginning.

You have walked through 30 days of reflection, release, and remembrance.

You have chosen yourself over and over again.

You have risen with softness, truth, and embodiment.

Now it is time to seal the transformation.

Make space today—quiet, sacred space. Light a candle. Play music that stirs your soul. And reflect.

### Write a Letter to Your Future Self

In this letter, speak from the woman you are now. Speak with wisdom, compassion, and vision.

Tell her:

What you now believe about yourself

What you are calling in

What you have released

What you promise never to forget

End with:

“I have returned to myself—and I will not leave me again.”

### Completion Reflection Prompts:

“Who am I now, on the other side of this guide?”

“What parts of me have come alive?”

“What am I celebrating, and what am I calling in next?”

Let these words mark your evolution.



## 30-DAY GUIDE TO THE CHANGE YOU DESIRE

### About the Author

Dr. Josephine Amesho is a medical doctor, businesswoman, and devoted student of the timeless laws that govern reality.

While her professional training lies in healing the body, her deeper path led her into the realms of esoteric wisdom, universal law, and conscious creation.

A Guide to the Change You Desire was born from this journey—a 30-day offering rooted in ancient teachings, sacred metaphysics, and lived experience.

This is not self-help; it is soul work. Each page invites you to remember who you have always been and to realign with the true power within.

Dr. Amesho walks this path alongside you, guided not by the noise of the world, but by the quiet intelligence of Spirit.

May this guide serve as a mirror, a map, and a gentle revolution within.